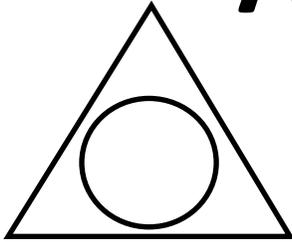

"A Work in Progress"



District 33 Al-Anon Family Groups
Quarterly Newsletter

Issue 108 March 2022

Greetings from District 33



Courage to Change, pg. 62

One of the most helpful tools I've found in Al-Anon is Conference-Approved Literature (CAL). It took me a long time to be willing to open up to other people but from my first meeting, this wonderful literature has helped me learn to replace a long-established, negative way of thinking with a new, healthier, more positive approach to life and to love.

At first I used it only when I was in pain. Now start every day off on a positive note by reading some piece of CAL with breakfast.

It has been especially helpful to me to "Think" about what I read and condense it into a sentence or two. I write the sentence this sentence on a 3 x 5 card and carry it with me throughout the day. Whenever I remember, I take out my card and read it. You wouldn't believe how many times it has brought a difficult situation into perspective or offered me a different approach to a project or conversation I'm about to

begin..

Today's reminder...

I have a wealth of information available to me which can help me grow ever freer from the effects of alcoholism on my thinking. Today I will make CAL a part of my routine by listening yo a tape or by reading a pamphlet or chapter of a book.

"The Al-Anon books and pamphlets read each day, have opened our minds to the certainty of a better and more rewarding way of life>

This is Al-Anon

IN PERSON MEETINGS NEED YOUR SUPPORT!

FINKBINDER PARK- Glendora

Behind the War Veterans Building. Park on Cullen Ave.

MONDAY and THURSDAY.

Both start at 10.00 am

For more information:

Call Trudy L. or text 909-788-5620 or Fernando 626-253-6450.

DISTRICT 33

NEEDS SUPPORT:

SATURDAY—COVINA
10:30 a.m.
502 Club
LITERATURE MEETING
IN PERSON

WEDNESDAY—COVINA
Sanctuary for Spiritual Living
5446 N. Citrus Ave.
12:30 p.m.
IN PERSON

THURSDAY —COVINA
7:30 PM
502 Club
IN PERSON

SAVE THE DATE****SAVE THE DATE

JUNE 11,2022
Sanctuary for Spiritual Living
5446 N. Citrus Ave.—Covina
10:00 a.m. to 4:00 p.m.
Theme: "KEEP IT SIMPLE"

Temperatures will be taken at the door.
Masks will be optional.
Bring your own lunch. Water and coffee will be provided.

OUTSTANDING SPEAKERS
Sharing throughout the day.
7TH Tradition hourly.

Opportunity Drawing at end of day

More info or to be on the panel, please contact:

Yolanda W. 626-664-4859 or
Kathy H. 909-256-4522



Send submissions by the 5th of the month to:
Vivian P., email:
apache88@verizon.net

FRIDAY, MARCH 18, 2022

Intergroup meeting 8:00 p.m. to 9:30 p.m.
New Intergroup meeting is at 7:30 p.m.
Zoom information will be emailed and posted on our website.

ACRONYMS & INITIALS USED IN AL-ANON

AFG = Al-Anon Family Groups

AIS = Al-Anon Information Service

CAL = Conference Approved Literature

SCAC = Southern California Alateen Conference

SCWS = Southern California World Service

DISTRICT 33

District 33 Website and Contact Information

Website - www.al-anonesgv.org
Mail contributions, newsletter articles, and other requests to:
District 33 P.O. Box 4576
Covina, CA 91723-9998

AFG CONVENTION

**DOUBLE TREE HOTEL
ONTARIO, CALIFORNIA
222 North Vineyard Ave.
Ontario, CA 91764
1-909-937-0900**

**Be sure to specify AFG Group
Code: AFG**

**To donate to AFG Boutique,
Please contact:
boutique@afgconvention.org**

**To donate to AFG Raffles/
Baskets, please contact:
raffles@afgconvention.org**



MEMBERS SHARE:

From an Alateen in Forum 2022

Alateen helps me deal with the ways alcohol and drugs have affected the lives of my parents and me.. It's great to be in Alateen. When life gets hard and I start thinking about the past, all it takes is one phone call to my Alateen friend and I know that it'll be okay and I'll feel a little safer. Thanks to Alateen, I know I didn't cause the alcoholism and drug addiction, I can't control it and I can't cure it.

I remember my first Alateen meeting. I'd just turned seven, and everyone knew me because I'd been going to Al-Anon meetings with my grandmother, carrying my Thomas the Train pack with my Hot Wheels inside. It was nice to be part of a big Alateen group; We went to road trips to Alateen functions and had a blast.. Before Alateen, I didn't know how to deal with kids trying to get under my skin. Then, at an Alateen meeting, I'd hear a solution—a different way of handling a problem without egging it on. Alateen has helped me make friends and learn how to not blow a gasket.

Alateen also helped me deal with my dad going to prison. I remember a fight breaking out between my parents about alcohol or drugs and my dad going to jail. Fast forward five years and my dad has a job welding and he and I get to go fishing and make new memories. I don't have to be bitter about him not being part of my life during his time in prison. Alateen has helped me to deal with things. By,

Dayne, January Forum

DISTRICT 33

MEMBERS SHARE

Al-Anon helped me understand the profound concept and understanding of what being powerless over alcoholism really means.

I could not continue to live with the pain and insanity inflicted by this deadly disease. I had to allow my qualifiers the dignity to experience the consequences of their actions. I had to believe God would relieve them of the bondage of this incurable disease.

I found that it was about my recovery. Al-Anon and meetings taught me how to accept and love them for exactly whom they are. I quit passing judgement, forcing my solutions and holding on to my exceptions for their recovery.

Don N.

**Here for the Magic
Alateen and being an Alateen Group Sponsor is magical! That is how I describe it when I share with others about Alateen. The annual conference for our Alateens is where I witness and truly feel the power of the program-magic. I love hanging out with Alateens, and I am really grateful for the relationships I have with othe**

OTHER ALATEEN GROUP SPONSORS IN MY AREA-AND BEYOND. WE ARE A GOOD LOVING ALATEEN FAMILY AND I WOULDN'T TRADE IT FOR ANYTHING. IT IS ONE OF THE GREATEST GIFTS AL-ANON GIVEN ME, NEXT TO GIVING MYSELF BACK.

BY: LYN C. OF KANSAS

WE'RE ALL EQUAL IN AL-ANON

I AM THANKFUL THAT WE ARE ALL EQUAL IN AL-ANON. I AM HISPANIC AND I ATTENDED A MOSTLY WHITE SCHOOL. I HAD TROUBLE ADJUSTING AND MAKING FRIENDS. I REMEMBER BEING CALLED "TACO BELL" IN THE CLASSROOM. I ALSO REMEMBER ADMIRING A CHEERLEADER WHO WAS VERY POPULAR. I SO WANTED TO BE HER. WHEN MY FAMILY MOVED FROM SAN DIEGO TO ARIZONA, I EVEN CHANGED MY NAME TO HERS, GOING MY "MARTY" INSTEAD OF MARGO.

I ALSO REMEMBER STANDING UP TO SOME BOYS IN THE LUNCH LINE WHO WERE MAKING FUN OF A BOY WITH DISABILITIES. WHAT THEY WERE DOING WAS NOT NICE OR FAIR. I SUPPOSE A DESIRE FOR EQUALITY HAS ALWAYS SPARKED A NERVE IN ME. IN MY FAMILY, I NEVER FELT EQUAL TO MY SISTER. SHE WAS THE LIGHT-COMPLEXIONED ONE., THE CUTER ONE, THE ONE EVERYBODY LIKED, THE QUIET AND RESERVED ONE. I WAS THE CURIOUS ONE, ... CON'T

MEMBERS SHARE

Con't...

The rebellious one, the creative one.

Being accepted as equal in Al-Anon felt warm, loving and safe. Al-Anon meetings didn't feel like a competition or like I had to prove myself to anyone. I could just be me. I was acknowledged, loved and understood. No one made fun of anyone else for not being able to read words correctly or rejected them because they didn't wear the right clothes, walked the right way or show up on time. Being accepted and welcomed into Al-Anon with open arms was a gift from God.

By: Margo R. from California



TRADITION TWO: For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.

My interpretation of Tradition 2 is that God expresses Himself through each and every one of the members of my group, thus forming the basis of our group conscience. With that in mind, the group can move forward collectively with a common goal. No single member's agenda rules our group or takes over our meetings. Sometimes I agree with the group conscience and sometimes I do not. However, after I have participated in a decision by offering my input or voting, I put aside my personal feelings or thoughts because I trust that God has placed His hand on the collective conscience of the group. Leaders also may not agree with the group conscience, but Tradition Two impels them to carry forward the decision of the group and it impels me to trust that they will. Tradition Two calls for humility. Since God is the one authority I must forego my ego and allow Him to guide me. I can practice this Tradition in my personal relationships by not assuming responsibilities without consultation. I don't dominate. I've found that, if I'm expected to lead, I tend to feel all important and step over the line to manage things, which leads to control. It's easy for me to slip into that familiar state of assuming all the responsibility and letting others skate free. But active participation by all parties is vital for growth in my relationships. Sometimes decisions are agreed upon that turn out not to have been the right choice, but if I do not place blame, unity can be preserved. I return to a state of humility when I remind myself that there is no authority in my relationships except that of a Higher Power. Practicing Tradition improves the health of all my relationships. By: Bill L of Illinois

District 33 Archives

DISTRICT 33 MEETING LIST

821	Monday 8 PM – Newcomer Orientation – Covina 91790	December, 1984
825	Wednesday 12 noon – Covina Up-Front – Covina, 91733	October 1980
30085	Sunday 11 AM – 502 Club - Covina 91723	March, 1981
35662	Tuesday 10 AM – Step Study - Covina 91724	March, 1987
40529	Wednesday 7 PM – Step Study - Covina 91724	January, 1974
54521	Monday 6:30 PM – Aurora (Charter Oak) – Covina 91724	August, 1986
43146(64577)	Tuesday 7:30 PM - - Diamond Bar, 91765	September, '86/'88?
979	Monday 7:30 PM - - Glendora 91740	September 1978
1824	Tuesday 1:30 PM - West Covina 91740	November 1966
54450(61503)	Tuesday 6:30 PM – Book Study West Covina, 91791 (Same time, same place – Alatot/Alateen Meeting)	February 1997
50119	Thursday 6:30 PM – Girls Night out – Glendora 91740	April, 2004
65666	Thursday 8 PM – Young at Heart - Covina 91790	May, 1983
501501	Tuesday 7 PM – Candlelight— Monrovia	September, 2004
30517649	Saturday 6:30 PM - Glendora	July, 2007
30527674	Thursday 7 PM – Hope to Share - Monrovia	November, 2008

Missing from the list-Meeting start dates

819(500806)	Friday 10 AM - Living in the Solution – Covina 91740	_____
823	Friday 7:30 PM – Thank God it’s Friday – Covina, 91722	still active ??
827	Saturday 10 AM – Question and Answer – Covina 91790	_____
47132	Sunday 7:30 PM - West Covina	_____
60494	Saturday 9 AM – Spanish Meeting - La Puente	_____
60035	Saturday 10:30 AM – Literature Study – Covina 91723	_____